

**Archery – Luddam’s Ford Park**

Ace Archers is back for a fall program in Hanover for youth and adults. It is a fun and safe activity, and all equipment is provided. US Archery qualified coaches.

Cost: \$95 per session. Minimum age: 8 yrs.

**Fall session:** Mondays, Sept. 10<sup>th</sup> – Oct. 22<sup>nd</sup> (except 10/8);  
4:00 PM - 6:00 PM

**Babysitting Course – Police Station**

This one day course is designed to assist 5<sup>th</sup> -7<sup>th</sup> graders in being better babysitters and knowing the do's and don'ts of being home alone. The course will cover information on child development, playing with younger children, basic first aid, fire safety and prevention, and the overall responsibilities of babysitting.

Instructor: Kimberly Cleary, a registered nurse and mom.

Limited to 18 pre-registered students, fee \$15.00.

Fall/Winter Dates

Saturday, October 20 <sup>th</sup>	9:00 AM – Noon
Tuesday, November 6 <sup>th</sup>	1:00 PM – 4:00 PM
Tuesday, January 8 <sup>th</sup>	1:00 PM – 4:00 PM

**Basketball – Middle School – Wednesday Nights**

Mark Molloy’s Fall Ball Clinic - The clinic is co-ed for 1<sup>st</sup> – 9<sup>th</sup> graders and emphasizes learning the fundamentals while having fun. The main focus is developing individual and team fundamental skills to prepare the player of all skill levels for the upcoming basketball season. All campers will receive a basketball and T-shirt.

7 week program begins September 19<sup>th</sup>.

Grades 1 & 2	5:00 – 6:00 PM	\$60.00
Grades 3 – 5	6:00 – 7:30 PM	\$85.00
Grades 6 – 9	7:30 – 9:00 PM	\$85.00

**Fencing – Police Boys Club – Saturday Mornings**

This class is for anyone interested in the sport of fencing.

Hand, eye and foot coordination, concentration, and bouting skills will be taught. Fun and safe. Equipment provided.

Sneakers, t-shirt and sweatpants should be worn. The class is instructed by Jim Mullarkey who has been teaching for years throughout the South Shore. Ten week program for \$120.00. Minimum of six students per class.

10:00 AM – 11:00 AM – Youth Beginner (Ages 8 and up)

11:00 AM – Noon – Adult Beginner (High School and up)

Noon – 1:00 PM – Novice

1:00 PM – 2:00 PM - Advanced

Fall Session - September 15<sup>th</sup> – November 17<sup>th</sup>

Winter Session - December 1<sup>st</sup> – February 23<sup>rd</sup>

[www.hanover-ma.gov](http://www.hanover-ma.gov)

[\*\*hanoverparkandrec@gmail.com\*\*](mailto:hanoverparkandrec@gmail.com)

**Gutcheck** – Hanover High School

**\* Mornings: Monday, Tuesday, Thursday, and Friday.**

Tuesday, September 4<sup>th</sup> through Monday, October 15<sup>th</sup> from 5:30 - 6:30 AM. \$200. 24 sessions.

**\* Evenings: Monday, Wednesday, and Friday.**

Wednesday, September 5<sup>th</sup> through Monday, October 15<sup>th</sup> from 6:00 – 7:00 PM. \$150. 18 sessions.

Gut Check is a comprehensive conditioning program which offers adults of all fitness levels and athletic ability six weeks of intensive fitness training. To improve overall fitness, the program uses a broad array of exercises including: cardiovascular training, plyometrics, and exercises that enhance muscle endurance and strength.

**Kitchen Kids** – Riley Hall

Come join Kitchen Kids for a once a month workshop on Saturday mornings at the Riley Hall on Hanover Street. The fee of \$30.00 per workshop includes 2 hours of fun, food and supplies. The workshops are a great way to introduce kids to the joy of creative cooking.

Class Dates: October 20<sup>th</sup>      November 17<sup>th</sup>  
December 15<sup>th</sup>      January 12<sup>th</sup>

(each Saturday class is a separate workshop)

Times: **Ages 5-8** – 9:00 AM - 11:00 AM -

**Ages 9-12** – 11:30 AM-1:30 PM

**Middle School Nites at Healthtrax** – Saturday Nights

Hanover students in grades five through eight can hang out with friends, gets some exercise and have a great time. A Saturday night of basketball, volleyball, racquetball or swimming can not be beat. A fun and safe experience chaperoned by the Park and Rec staff. 7:30 -10:30 PM  
Cost: \$15. Minimum required 25.

1) October 20<sup>th</sup> – Register by October 12<sup>th</sup>.

2) December 15<sup>th</sup> – Register by December 7<sup>th</sup>.

3) January 12<sup>th</sup> – Register by January 4<sup>th</sup>.

**Middle School 7<sup>th</sup>/8<sup>th</sup> Paintball Trip** – Tuesday, November 13<sup>th</sup>

No School. We will take a limited number of 7<sup>th</sup> and 8<sup>th</sup> grade students to Randolph Paintball for a day of fun and teamwork. Cost is \$40 that includes the cost of transportation, chaperones, equipment and 250 paintballs. Additional paint may be purchased as needed. Bus will leave B. Everett Hall at 9:30 AM and return by 2:00 PM. Register Early!

**Piano** – Hanover Police Station – Thursday, October 25<sup>th</sup>

Instant Pop Piano. You do not need years of weekly lessons to learn piano. In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. 6:30 to 9:30 PM \$50 includes book

**SAT Math Review** – John Curtis Free Library – October  
Bob Beatty, a retired math teacher from Scituate High School and a certified Princeton Review teacher will teach this ten hour course in October. Class will run 6:00 – 7:30 PM on October 1<sup>st</sup>, 3<sup>rd</sup>, 15<sup>th</sup>, 17<sup>th</sup>, 22<sup>nd</sup>, 24<sup>th</sup>, and 29<sup>th</sup>.  
Cost of the class is \$140 and it includes all the materials.

### **Skiing**

More information about day trips and ski lessons will be available in November.

- **Ski Signups – Monday, December 3rd – Town Hall  
7:00 – 8:00 PM**

**Stroller Strides** – B. Everett Hall Field – (Riley Hall – Winter)  
Monday, Wednesday and Friday Mornings 9:30 AM-10:30 AM  
Six week programs \$180 (+ \$50 one time fee that covers a t-shirt, resistance bands, towel and membership card with discounts to local stores).

Ten Class Punch card available for \$115.00

Session 1: 9/24 - 11/2; Session 2: 11/5 - 12/14; Session 3: 1/7 - 2/15. [www.strollerstrides.net/southshoreboston](http://www.strollerstrides.net/southshoreboston)

Stroller Strides is a total fitness program that moms can do with their babies. Each 60 minute class includes an aerobic warm-up and a 45 minute power walk with intervals of body toning using exercise tubing and the stroller.

### **Tennis** – Hanover High School - Sundays

Hanover Parks and Recreation will be offering a Sunday afternoon tennis clinic taught by members of the Hanover High School tennis team. The clinic will focus on the fundamentals based on USTA lessons.

#### **Fall Session: Begins September 16<sup>th</sup> – 6 Weeks.**

12:00 PM – Beginner (ages 6 - 8);

1:00 PM – Beginner (ages 9 - 12);

2:00 PM – Adv. Beginner (ages 9 - 12)

\$30/per person

*Hanover is a 2007 National Tennis in the Parks Community*

### **Wrestling** – Middle School – Monday Nights

Eight week program starting Monday, September 17<sup>th</sup> and is open to anyone in grades 4 through 12. These sessions will be divided into to two divisions: 6:00-7:30 PM for grades 4-8 and 7:30-9:00 PM for grades 9-12. This club is designed for both the experienced wrestler and the novice as wrestling instills self-discipline and builds self-confidence. The program will begin by focusing on the basic skills of wrestling and will build on these skills moving on to advanced wrestling techniques and live wrestling. Throughout the program, stress will be placed on improving strength and proper conditioning to

ensure both the health and safety of all. The program will be run by former Hanover High School coach Bill Dunn. Fee is \$50. includes a shirt.

**Trips – 2007-08 Fall/Winter Getaways**

Join the Hanover Parks and Recreation on some great trips this fall and winter. Trips require a parent to accompany any child under 18. **More information and applications are at the Hanover Town Hall or [www.hanover-ma.gov](http://www.hanover-ma.gov).**

- **October 13<sup>th</sup> – Mohawk Trail – Western Massachusetts**

Deluxe lav-equipped motor coach transportation to the Mohawk Trail in Western Mass during the splendor of fall foliage organized and chaperoned by Celebration Tours. The trail travels from Williamstown to Shirley and includes luncheon at the Yankee Candle Restaurant, a visit to an apple orchard and time to shop at the Christmas Tree Shop. Celebration tours trip with escort provide throughout. Cost per person is \$79.00. – Register by September 13<sup>th</sup>.

- **October 14<sup>th</sup> - Ringling Brothers Barnum and Bailey Circus @ TD Banknorth Garden.**

The Greatest Show On Earth - This bold, contemporary Ringling Bros. journey breaks tradition and through the iconic three rings, brings the biggest changes in 50 years! A fun-filled story line adds fun and excitement to the entire circus experience. Bus leaves at 3:00 PM for the 5:00 PM show and will arrive back in Hanover by 8:00 PM. There will be time to visit Faneuil Hall before the show. Costs are \$20 per ticket. Parents are required to accompany any children. Space is limited, register by September 28<sup>th</sup>.

- **October 27<sup>th</sup> – New York City Day Trip**

Deluxe lav-equipped motor coach transportation to New York City organized and chaperoned in conjunction with Norwell Recreation. Pick up is at Norwell Town office building at 7:00 AM. A midtown drop off and pick up near Rockefeller Center at 7:00 PM gives you a day of shopping and site seeing. Space is limited. Cost per person is \$44.00.

- **February Vacation 2008 – Sunday, February 24<sup>th</sup>  
Disney's High School Musical – The Ice Tour @ TD Banknorth Garden**

*Disney's High School Musical: The Ice Tour* is the one and only live fusion of songs, dance and team-spirited fun inspired by the smash hit Disney Channel Original Movie "High School Musical" and this summer's "High School Musical 2." Celebrate the sounds, the songs, the bop and the pop in this all-new ice show starring a cast of world-class skaters. Bus leaves at 2:00 PM for the 4:00 PM show and will arrive back in Hanover by 7:00 PM. There will be time to visit Faneuil Hall before the show. Costs are \$30 per ticket. Parents are

required to accompany any children. Space is limited, register by October 1<sup>st</sup>.

**[www.hanover-ma.gov](http://www.hanover-ma.gov)**

Contact us with questions regarding programs,  
registrations, and applications:

Hanover Parks and Recreation  
550 Hanover Street  
Hanover, MA 02339  
781-826-PLAY (7529)

**23<sup>rd</sup> Annual South Shore Drug and Alcohol Awareness Fair**

Friday, October 12<sup>th</sup> - 5:30 PM - 9:30 PM &  
Saturday, October 13<sup>th</sup> 9:30 AM - 9:30 PM  
Hanover Mall

**Hanover Police Boys Club** offers a full gym facility with  
classes in kickboxing, step aerobics, karate and yoga.  
Call 781-826-4869. Located behind Hanover Town Hall.

**Summer 2007 Parks and Rec Sponsors**

South Shore Imported Cars  
Gallant Grader Services – Buckley Associates  
Learning Express – Colonial Auto Body Shop  
Direct Finance Corporation – Murray & Murray  
Kumon Math and Reading Center – JACA Architects  
Cuisine by Darlene – James R. Lonborg, D.M.D.  
KT Design – Anderson Fuel - Building 19  
Gary A. Farrow Electrical Contractor

*Thank You!*

**Summer 2008**

Mark your calendars. Applications will be available for  
the 2008 Summer Parks and Rec program including  
Teen Extreme on February 15<sup>th</sup>. Mail in registration will  
begin on March 1<sup>st</sup> and should fill quickly.

**Important Numbers**

**Parks and Recreation – [www.hanover-ma.gov](http://www.hanover-ma.gov)**  
**(781)-826-PLAY (7529) – [hanoverparkandrec@gmail.com](mailto:hanoverparkandrec@gmail.com)**

**Hanover Youth Athletic Association – [www.hyaa.net](http://www.hyaa.net)**  
**HYAA Chair Kevin McLeod – [kmmcleod@comcast.net](mailto:kmmcleod@comcast.net)**  
**(781) 982-2473**

**Hanover Youth Lacrosse – Paul Zaylor – (781)-982-1658**

**[pzaylorcpa@comcast.net](mailto:pzaylorcpa@comcast.net)**

**Hanover Youth Hockey – [www.hanoverhockey.com](http://www.hanoverhockey.com)**

**Daniel Dailey, [Daniel.Dailey@comcast.net](mailto:Daniel.Dailey@comcast.net) (781) 829-6805**